

Adding Whole Grains to Your Menu

Resource Guide

A Training Presentation for
Child and Adult Care Food
Program (CACFP) Operators



Adding Whole Grains To Your Menu

USDA
United States Department of Agriculture

Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.

Fueling Up With Veggies

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.

Whole Grains

Refined Grains

once a day. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.

Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed on-site
- Including a wider variety of foods for babies to try during their first year of life

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<https://teamnutrition.usda.gov>
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TEAM
NUTRITION

*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.



Whole Grains Make a Difference

- In the CACFP, grains served at **one** meal or snack every day must be **whole grain-rich**
- **Whole grain-rich:**
 - At least half the grain ingredients in a food are **whole-grain**
 - Any remaining grain ingredients are **enriched, bran, or germ**
- Required for child and adult meal patterns only
 - Not required for infant meal pattern



Common Whole Grain-Rich Foods

Foods

- Oats (steel cut, old fashioned, quick cooking, instant oatmeal, oat groats)
- Brown rice
- Wild rice
- Quinoa
- Bulgur
- Cracked wheat
- Teff
- Whole wheat bread/buns/rolls
- Entire wheat bread/buns/rolls
- Graham bread/buns/rolls
- Whole wheat macaroni/spaghetti



Whole Grain-Rich Requirement for the CACFP

- Once per day, offer whole grain-rich foods at meals or snacks
- Requirement applies to the day care center or home, not participant
- You can serve whole grain-rich foods more than once a day
- Portions served must meet the minimum serving size for the age group



Minimum Serving Sizes



What is in a Breakfast?

Milk (6 fl. oz. or $\frac{3}{4}$ cup)
Vegetables, Fruit, or Both ($\frac{1}{2}$ cup)
Grains ($\frac{1}{2}$ oz. eq.)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

$\frac{1}{2}$ oz. eq.
Whole Grain-Rich
Mini Pancakes



Sample Breakfast

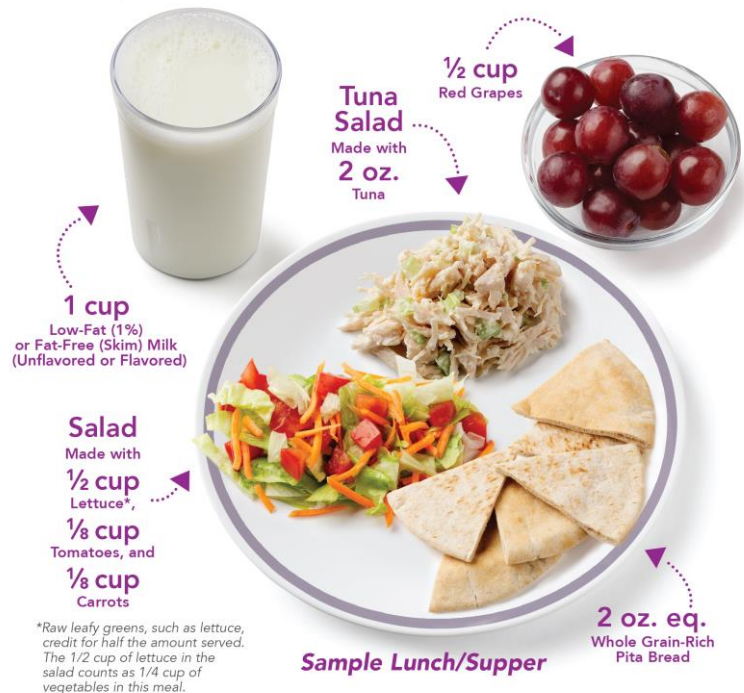
$\frac{1}{2}$ cup
Sliced
Strawberries



$\frac{3}{4}$ cup
Unflavored
Low-Fat (1%)
or Fat-Free
(Skim) Milk

For 3 through 5 year olds

Minimum Serving Sizes



What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (1 1/2 cup)
Fruit (1 1/2 cup)
Grains (2 oz. eq.)



For Adults

The Scoop on Snacks



What is in a Snack?

Pick 2:

Milk (4 fl. oz. or $\frac{1}{2}$ cup)

Meat/Meat Alternate ($\frac{1}{2}$ oz. eq.)

Vegetables ($\frac{1}{2}$ cup)

Fruit ($\frac{1}{2}$ cup)

Grains ($\frac{1}{2}$ oz. eq.)

If You Only Serve Snacks...

- You are not required to serve a grain at snack
- If you want to serve a grain, it must be whole grain-rich



What is in a Snack?

Pick 2:

Milk (4 fl. oz. or $\frac{1}{2}$ cup)

Meat/Meat Alternate ($\frac{1}{2}$ oz. eq.)

Vegetables ($\frac{1}{2}$ cup)

Fruit ($\frac{1}{2}$ cup)

Grains ($\frac{1}{2}$ oz. eq.)

Sample Snack Ideas

Snack	Example 1	Example 2	Example 3
Milk			Low-fat (1%) milk
Meat/Meat Alternate	String cheese		
Vegetables		Bean dip	
Fruit	Apples		Fruit salad
Grains		Whole grain-rich crackers	

Grains at Breakfast, Lunch, or Supper

- Required at **meals**:
 - Breakfast
 - Lunch
 - Supper
- If you only serve one **meal** per day, then grains served must be whole grain-rich



Serving Meat/Meat Alternates at Breakfast

- Required at breakfast:
 - Milk
 - Vegetables/fruit
 - Grains
- Can serve meat/meat alternates in place of grains up to three times per week
- Must serve grains on days you do not serve meat/meat alternate
- If you only serve breakfast, grains must be whole-grain rich



Offer Versus Serve (OVS)

- For at-risk afterschool or adult participants only
- Can be used only at meals:
 - Breakfast
 - Lunch
 - Supper
- If counting OVS meal towards whole grain-rich requirement, all grains offered must be whole grain-rich



Food(s) for Thought: Whole Grain-Rich Breakfast Ideas

- Oatmeal*
- Whole Grain-Rich Pancakes
- Whole Grain-Rich Waffles
- Toast Made with Whole-Wheat Bread
- Whole Grain-Rich Muffin
- Whole Grain-Rich Cereal*
- Whole Grain-Rich English Muffin, Bagel, or Biscuit



*Must meet the sugar limit for cereals in the CACFP.

Food(s) for Thought: Whole Grain-Rich Lunch/Supper Ideas

- Whole Wheat Macaroni/Spaghetti
- Whole Grain-Rich Pita Bread or Pita Pocket
- Whole-Wheat Bun or Roll
- Whole Grain-Rich Pizza Crust
- Whole Grain-Rich Tortilla
- Brown Rice
- Wild Rice
- Quinoa
- Bulgur



Food(s) for Thought: Whole Grain-Rich Snack Ideas

- Whole Grain-Rich Crackers
- Whole Grain-Rich Pita Wedges
- Whole Grain-Rich Cereal Mix*
- Whole Grain-Rich Pretzels
- Rice Cakes Made with Brown Rice
- Whole Grain-Rich Banana Bread



*Must meet the sugar limit for cereals in the CACFP.

How To Order Print Copies

Resource Order Form at TeamNutrition.usda.gov.

- **FREE** for those participating in a USDA's Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



TeamNutrition@usda.gov



More Team Nutrition Resources!



TeamNutrition.usda.gov